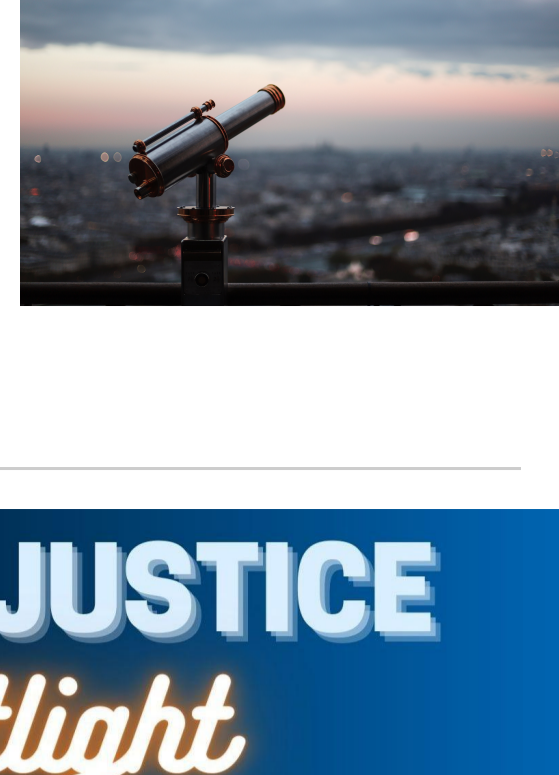
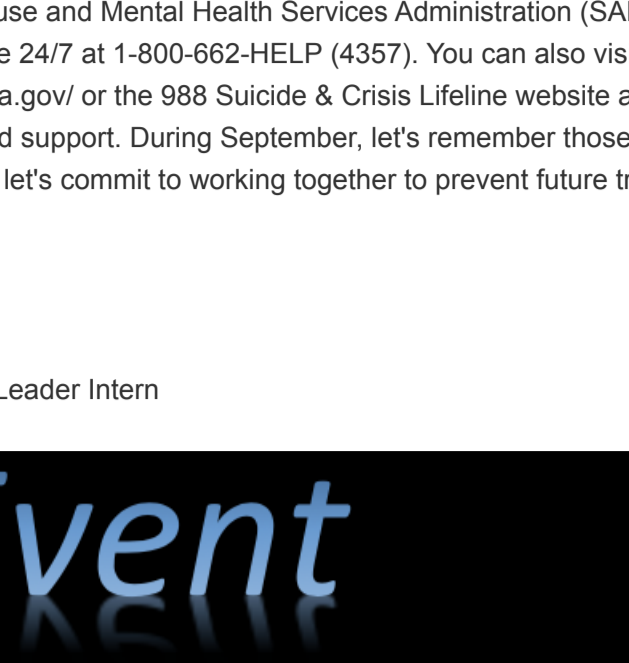


Inside this Issue

- **Social Justice Spotlight** *Important*
- **Advisor Updates** *Important*
- **Field Updates** *New*



SOCIAL JUSTICE Spotlight



September is National Suicide Prevention Month, a cause that touches me deeply. In 2003, I lost my dad to suicide, highlighting the devastating impact this issue has on families. This month serves as a vital opportunity to shed light on this serious public health issue and raise awareness of resources available. According to the National Institute of Mental Health, in 2021, suicide was the 11th leading cause of death in the United States. This month isn't just about equipping people with tools to help prevent suicide, but also about honoring those we've lost. If you or someone you know is struggling, there is help. The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline is available 24/7 at 1-800-662-HELP (4357). You can also visit their website at <https://www.samhsa.gov/> or the 989 Suicide & Crisis Lifeline website at 989lifeline.org for more resources and support. During September, let's remember those we've loved and lost to suicide, and let's commit to working together to prevent future tragedies.

Love and Light,
Leah Neal
Graduate Student Leader Intern

Event Spotlight

#freshcheckday
freshcheckday.com/uta

CENTRAL LIBRARY MALL
RAIN LOCATION: Mavericks Activity Center Front Gym

Wednesday • 11:00AM - 2:00PM
October 9, 2024

freshcheckday
checkin' in with college students

A MENTAL HEALTH **Check-in** WITH INTERACTIVE BOOTHS **Free Food** & MORE! **PRIZES & MORE!**

UTA www.uta.edu

CMAS ACADEMIC & LEADERSHIP WORKSHOP SERIES PRESENTS:

LINKED IN

WITH GABRIELA RODRIGUEZ

Unlock new opportunities for professional growth by joining our LinkedIn workshop, where you'll learn about strategies to enhance your online presence & network effectively. Don't miss out on this chance to elevate your career!

OPPORTUNITY TO GET A FREE PROFESSIONAL HEADSHOT TAKEN!*
DRESS PROFESSIONALLY!

Swift Center*, Room 125
Wednesday, October 2nd, 12:30 - 2:00 pm

Sign Up!

*Must attend workshop to be eligible for free professional headshot!
*Swift Center located at 1022 UTA Blvd (West Campus)

Questions? Contact: jose.ayalarodriguez@uta.edu

YOU MATTER!

A Love Letter to Yourself

Hey, Dear self!

When you see that the light filtering through the clouds is also in you, you'll know: you can't lose what's inside. You can't lose who you are. So, let your light shine. Be the sun in someone else's storm. It's the reason why you're here. You're life, you're here, and you've got stardust in you. When time gets tough remember how strong and resilient you are. Find happiness even in the little things and try to find light whenever you feel dimmed because there is already a light inside you, nothing can dim the light that shines from within. No matter what the circumstance is, stand like a mountain and admire yourself for your strengths and your ability to handle the situation so gracefully. Always believe in yourself and believe in the power of the universe, the power which always protects you because what the universe is the most powerful force in the universe. Be confident in who you are, believe that inside has a plan for you, and never let anyone or anything doubt who you are or what you are capable of. Always remember that you are enough and never let the world make you feel otherwise. Take a positive approach to life and look for the good in every situation. Learn to turn every mistake and setback into a lesson as it's a blessing in disguise, it makes you who you are, and that's what makes you unique. Don't let anything stand in the way of your best efforts, love unconditionally, spread kindness, and show compassion to yourself and to others.

You are a beautiful soul just the way you are, you don't have to change or conform to society's norms. You deserve the best in life. You are chosen and loved. You don't have to make people love or accept you. You are who you are and don't let anyone change or underestimate you. Just always listen to your heart, and live the way you want. Embrace your dreams, love yourself, create your own tranquility and find happiness through what you love and enjoy. Life is so short, so enjoy every moment and embrace every opportunity. You are doing an amazing job and deserve a pat on the back, be thankful for how far you have already come.

Love and Light,
Ashley Moody
Undergraduate Student Leader Intern

Student Spotlight



Hey guys, gals, non-binary pals, and everyone in between!

I'm Elwim (he/him/his), a fall '24 student program, excitedly diving into my internship as I work towards graduating this fall. I'm proud to have co-founded The Queer Social Work Association, where I now serve as CEO. Our organization has been featured in the newspapers for our advocacy, including raising the first trans flags in the School of Social Work building—a leap towards visibility and pride. I'm dedicated to keeping LGBTQ+ support strong on campus, especially with challenges like SB 17. The Trevor Project's statistic—that over 1.8 million LGBTQ+ young people (ages 13-24) seriously consider suicide each year in the U.S., with one attempt every 45 seconds—fuels my commitment to ensuring our community has the support it needs. My journey focuses on amplifying voices and advocating for the LGBTQ+ community. I'm passionate about expanding LGBTQ+ representation in social work and ensuring no one is left behind. As I start my Master's in Social Work next year, I aim for a career in macro practice to influence policies and systems affecting marginalized communities. I'm also excited about the possibility of becoming a doctoral candidate in the future. In my spare time, I love to write and explore new interests and hobbies. Ultimately, I aspire to be an advocate, champion, and trailblazer for LGBTQ+ rights, driving meaningful change within the university and beyond.

Isa Reyes
Undergraduate Student Leader Intern

Advising Updates

Peer Advisors & Fall Advising Dates are currently being updated

IMPORTANT DATES

- Sept.16-Social Work Spring App opens
- Sept.30- Midterm Evaluations Due
- Oct.1- Deadline to apply for Graduation for Fall 2024
- Oct. 25-Last day to drop classes; submit requests in MyMav prior to 4:00pm
- Nov. 4-Registration begins for Spring 2025
- Nov 5-Election Day
- Dec.3 -Last Day of Classes
- Dec.11- Last Day to Earn Hours

Opportunities

Upcoming Opportunities

Teach For America

Hello, UT Arlington!

I am Kamille Byrd, and I will serve as the recruiter for students at the University of Texas at Arlington. I will be your point of contact for any questions you have about Teach For America and our programs. I am excited to get to know and support the students at UT Arlington this year! Go Razor!

Job Opportunities

Corps Program:
Are you looking for a full-time job post-graduation that will allow you to begin a career of impact? Consider applying to our Corps Program. Teach For America is an equity-driven organization that equips leaders to make an impact both in and outside of education in over 40 regions across the United States. Being part of this full-salaried leadership program will give you hands-on experience to develop transferable skills that can be applied to any industry. You will teach a K-12 subject of your choice in your choice of location, making a life-changing difference in your students' lives while launching your meaningful career.

- Check out the application [here](#). Apply by September 18 at 11:59pm CT.

Ignite Fellowship:
The Ignite Fellowship offers all college students a paid tutoring opportunity that fits into your schedule. This leadership opportunity will allow you to make a meaningful difference in the lives of young people in an under-resourced school by supporting their academic progress and sense of belonging through customized instruction during their school day. The Ignite Fellowship allows you to gain a unique experience and professional badges that will validate your marketable skills; this experience will give you an edge in landing and performing in any job after college.

- Check out the application [here](#). Apply by November 30 at 11:59pm CT.

Upcoming Events

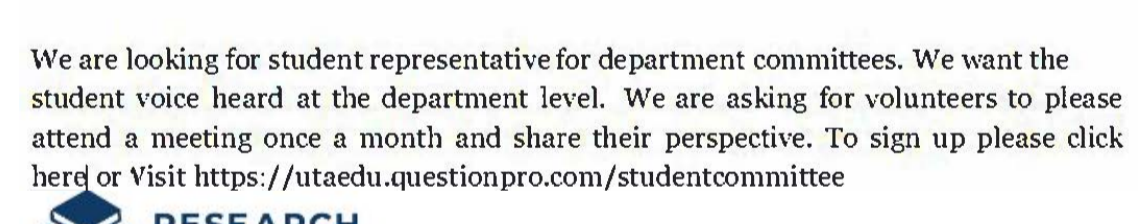
- Teach For America Corps Information Session
 - September 11, 7 pm CST
 - RSVP [here](#)
- Teach For America Corps Application Workshop
 - September 12, 6:30 pm CST
 - RSVP [here](#)
- Ignite Information Session
 - October 9, 5pm CST
 - RSVP [here](#)

More Social Work Opportunities from CSWE Compass

STUDENT REPRESENTATIVE

Student Representatives

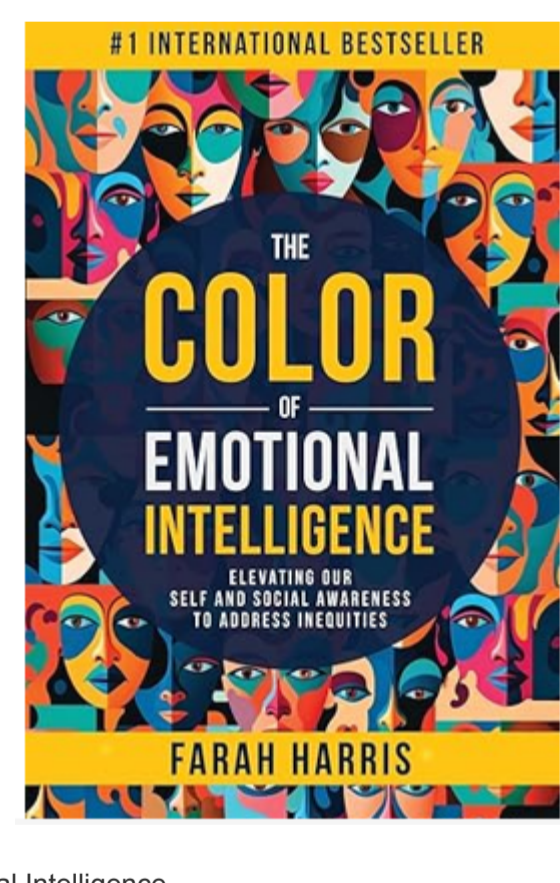
We are looking for student representative for department committees. We want the student voice heard at the department level. We are asking for volunteers to please attend a meeting once a month and share their perspective. To sign up please click [here](https://utaedu.questionpro.com/studentcommittee) or visit <https://utaedu.questionpro.com/studentcommittee>



Research Mavs

Through the Research Mavs program, experienced students provide guidance, share research skills, and offer support to fellow students navigating the research process. This peer-to-peer collaboration is designed to enhance academic skills, promote knowledge-sharing, and create a supportive community within the Libraries and University. For more information, please visit <https://libraries.uta.edu/about/dept/rrs/researchmavs> or click [here](#)!

Book of the Week



The Color of Emotional Intelligence

In The Color of Emotional Intelligence, psychotherapist and well-being expert Farah Harris uses personal stories, anecdotes, and insight to discuss the fundamentals of emotional intelligence and barriers to practicing emotional intelligence effectively. She further went on to explain how emotional intelligence is used as a survival skill by marginalized people and the different stressors, including microaggressions, and resulting unhealthy defensive tactics such as code-switching and masking. Additionally, Harris provided self-care strategies for handling systemic stressors that affect people from marginalized groups and tools everyone can use to elevate their emotional intelligence to address inequities and become better stewards of humanity.

Natasha Sutherland
Graduate Student Leader Intern
The University of Texas at Arlington

Student Success Resource

Nutrition Services

Did you know UTA offers nutrition services for a small fee?

One-on-one nutrition counseling with a registered, licensed dietitian is available for the following:

- Weight management
- Weight/fat loss
- Weight/muscle gain
- Sports nutrition
- Medical nutrition therapy
- Skin nutrition
- Eating disorders/disordered eating
- Wellness/preventive nutrition
- Basic nutrition education

Nutrition Consultation is \$25.00 per session with a minimum to start of 2 sessions (initial + follow-up).

Additional sessions are available as needed for \$25 each session, and as agreed upon by the client and dietitian.

Schedule your Nutrition Consultation today by submitting a [request form](#).

OR

Join wellness information sessions, Food for Thought, for a free presentation the first Wednesday of October and November at noon to 1pm. Join in person or online. Click below for more information.

[Learn more about "Food for Thought!"](#)

Academic Resources

Academic Advising

Need to meet with an advisor but there's no upcoming appointment available? Drop-in either in person or virtually on Wednesdays. To schedule your 30-minute drop-in time, click the button below. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

No drop in appointments available? [Visit this page](#) to find your advisor's power hour where you can always drop in and ask questions, no appointment needed.

[Schedule your appointment here](#)

Field Advising

This is an opportunity for you to ask questions, similar to Office Hours for faculty!

BSW and BSSUT Students

- Field Specialist: Vanessa Caraveo
- 1st & 3rd Thursday | 3pm - 4pm
- [Join your field advisors' power hour here](#)

Advanced Children & Families, Advanced CAP, Advanced Aging & Advanced Health

- Field Specialist: Monica Brown
- 1st & 3rd Wednesday | 4pm - 5pm
- [Join your field advisors' power hour here](#)

Advanced Mental Health/Substance Misuse

- Field Specialist: Sharon Martin
- 1st & 3rd Thursday | 3pm - 4pm
- [Join your field advisors' power hour here](#)

[View all field specialists and power hours here](#)

[Field Application Instructions](#)

Licensing

- If you're in your final semester and want to get started on applying to ASWB to take the LBSW or LMSW licensing exam, [click here](#) to request the Dean's approval for the License, which UTA will send to ASWB. More info can be found on the [ASWB site](#) and our [SSW licensure page](#).

- There's lots of great updated information about licensing in the Student Success and Advising Course on Canvas—[check it out!](#)

- Interested in the LCDC? Scroll to the end of this [Licensure](#) webpage and click on the Texas LCDC Licensing 2021 PDF for a chart that shows how different education levels can prepare you for the LCDC.

UTA Resources

- UTA Academic Calendar
- Evidence-Based Research Guide
- Webinar Library
- UTA Counseling & Psychology Services
- SAR Center
- Free Windows Apps with Student ID
- SSW Writing Resources
- Suicide Prevention Lifeline
- Emergency Assistance Fund
- Rental Assistance Program
- Survivor Support Group
- Free & Confidential HIV Testing
- UTA/Tri-C Food Pantry Distribution
- CAPS

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
- John F. Kennedy

Follow UTA School of Social Work on:

